Stone Roads—Second Article.

WHAT HAS BEEN ACCOMPLISHED IN BLOOMFIELD, MONTCLAIR AND ADJOINING TOWNSHIPS IN THE LAST TWO YEARS.

When Montclair took up the hard road question in 1884, she found a system of grades established and roads worked to that grade.

She had established the rule years before, that before accepting any street it should be so worked, and an approved map of same placed on file subject to the inspection of any one.

The cost of this grading and establishment was paid for by the property owners along the line of the improvement.

When this was done a top dressing of gravel was applied as far as their money would allow them to go.

So in 1884, when the stone road question was agitated, they were prepared to apply the top dressing of trap rock with very little if any cost for extra grading.

Upon looking back over two years we find they have made considerable progress. They have made, to date, the following roads, all sixteen feet wide and six inches deep:

In 1884, Depot street 1,600 ft. long; Park street 800 feet long.

In 1885, Orange road and Valley road 6,300 feet.

In 1886, Valley road, 1,300 feet; Van Vleck street, 1,200 feet; Mountain Ave., 300 feet; (paid for in part by private subscription.) Elm street, 3,100 feet; Grove street, 1,750; (paid for in part by private subscription,) making a total of 16,350 lineal feet at a cost of about $12,000, an expenditure in 1886 of about $6,000.

The system adopted is working so well that the demand for the extension of them in 1886 was so great that the Town Committee found it impossible to grant all the requests and much goes over until 1887.

Among the streets named for this improvement in 1887 are Valley road, North Orange road and Harrison Ave., South (all thoroughfares) Grove street, North and Church street from Bloomfield Ave. to Orange road. With the sturdy progress of this system of road making, both Bloomfield and Montclair will soon be out of the "slough of despond" and will soon put them in the foreground.

The next problem Montclair is called upon to face and settle is a water supply, but as she is getting a new applicant every week for the privilege of putting it in, it can be but a question of a short time. Then both Bloomfield and Montclair must take up the Sewerage Question.

It should be done at once. Who will stir up a live public discussion on this vital question to the health and prosperity of our growing town?

C. E. McDOWELL.

Christian Thought Circles.

At the late Summer School of Philosophy it was suggested that reading circles be formed to create and increase interest in the department of study cultivated by the American Institute of Christian Philosophy. Each member of the Institute and each subscriber to "Christian Thought" might invite a few friends, men and women, to meet weekly or monthly, without much formal organization, to read and discuss at each session some paper published in "Christian Thought," the paper to be selected by the leader of the company. In New York, where the Institute's meeting is held on the first Thursday evening of each month, it would seem probable that those who take interest in the subject would naturally come. Strangers are cordially invited to these meetings, which are held in the parlor of the Chapel of the Church of the Strangers, 4 Winthrop Place, near Eighth St., a block from the New York Hotel. We doubt whether other circles could be formed in the city; and yet it is quite possible that those who live in distant parts of the city might find it practicable. In schools and colleges, in distant cities and in villages, the plan, which was suggested by a practical man, would seem to be quite practicable. The three volumes of "Christian Thought" already bound; as well as the current volume, furnish a repertory of papers of which Vice Chancellor MacCracken, in his inaugural address as Professor of Philosophy in the University of New York, said, "I have met here in this immediate vicinity the Institute of Christian Philosophy, presided over by a member of the Council of the University. *The lectures and magazines it gives each year are themselves almost a faculty of graduate philosophy for the whole country.*" Perhaps this high estimate by a most competent judge contained the hint for the suggestion of "Christian Thought Circles." Certainly, as we look over the titles of the articles already published—each of which, of course, we think worthy of careful examination—we could easily select two courses of twelve papers each which would be at once very instructive and very entertaining. A friend suggests these: 1. Darwin, Emerson and the Bible, by Dr. Jesse B. Thomas of Brooklyn; 2. Beauty, by Prof. Peabody, of Harvard University; 3. Leading Theories of Inspiration, by Dr. Erret, of Cincinnati; 4. Concessions of Distinguished Unbelievers, by Dean Tillett, of Vanderbilt University; 5. Am I Free? by Prof. Noah K. Davis, of the University of Virginia; 6. Great Believers, by Charles S. Stockton, M. D., of Newark, N. J.; 7. A Half Hour with the Evolutionists, by Abram Coles, M. D., LL. D.; 8. Ethics and religion, by Pres. Hyde, of Bowdoin College; 9. Kant and Lotze: 1785–1885; by Vice Chancellor MacCracken; 10. Music as a Revelation of God and Christianity, by Dr. Theodore T. Munger; 11. The Relations of art and morality, by Dr. Washington Gladden; 12. Jesus Christ, as the Representative Redeemer, in the Light of Modern Science. Well, certainly, that is a most inviting bill of fare. We have taken the list and marked another series of twelve quite equal in our judgment to the series above selected, prepared by such men as Dr. Lyman Abbott, President Porter, President Bascom, Dr. E. F. Burr, the late Professor Martin, Rev. Dr. W. H. Platt, Professor Patton, of Princeton, Professor Welch, of Auburn, Professor Edward J. Hamilton, Rt. Rev. Bishop Harris, of Michigan, Dr. George D. Armstrong, of Virginia, and Professor Ballard, of Lafayette College. Beyond these two series, we have marked another twelve, which we would indorse for excellence; and then the list would not be exhausted. (On application we will send the entire list to any address.) Beyond the bound volumes are the numbers of the current volume, which we think have not been surpassed by their predecessor. Now, if friends will make the experiment of forming any "Christian Thought Circles," we shall be glad to aid them by any means at our command, and we shall be greatly obliged by reports of any experiments in this good work, especially by reports of discussions of any of the papers, addressed to Charles M. Davis, 4 Winthrop Place, New York.—*October Number of Christian Thought.*

How to Build up a Town.

Talk about it.
Write about it.
Help to improve it.
Beautify the streets.
Patronize its merchants.
Advertise in its newspapers.
Elect good men to all offices.
Speak well of its enterprising, public spirited citizens.
If you are rich, invest in something; employ somebody; be a "rustler."
Remember every dollar you invest in a permanent improvement is that much on interest.
Always cheer up the men who go in for improvements. You portion of the cost will be only what is just.
Don't kick about any necessary public improvement because it is not in front of your own door, or for fear that your taxes may be raised fifteen cents.
Above all, never spend a dollar out of town that you can use for the same purpose in town. Buy your goods, employ labor and pay your taxes at home.

Gerster.

Mme. Gerster is credited by a correspondent as saying: "My father was a carpenter in Kaschau. I used to go to school and work at home. I was always happy and always singing. I sang about my daily work, as a bird sings, because my heart was full of joy and music. Sometimes poorer people stood in front of the window. I thought that it was a great compliment, and I would sing just as well as I could. Well, one day when father was out to work and mother was away at the market I felt very happy. I was just twelve years old then, was ironing, and singing with all my might. When I stopped, a man at the window clapped his hands and said, 'Ah, little girl, you sing like a bird.' 'And who are you?' I asked. 'Well, I'm Helmesberger. I'm the musical director from Vienna. I'm going to give some concerts here in the village, and when I get through in Kaschau I'm going back to Vienna; and if you want to go with me, I'll take you,' he added. "Then," said Madame Gerster, laughing, "I remember how they fixed me up. Father was to pay for my tuition, and mother was to keep me in clothes. I remember how I cried and laughed and sang all the way to Vienna."

Tobogganing.

The toboggan craze is going to be wilder than ever this winter, says a New York writer in the Philadelphia Times. It is interesting to note how the ladies are preparing for the lightning like riding. The knit Normandie cap of worsted, which was brought out in Burlington, Vt., last winter, will be seen all over the land this winter. It is is either white or blue or red, is square at the top and has a big satin bow in front. When it frames a dimpled face, allowing a cloud of frizzed hair to escape over the forehead, it is irresistible. Montreal's contribution to the toboggan uniform consists in cloth rubber-soled arctics, with an embroidery of colored beads on the toe, and a certain grade of Scotch woollen underwear which envelopes a girl from her chin to her ankles in a covering so thick that Jack Frost can take no liberties with her, and that if she is upset and hurled down hill she can laugh at the efforts of the icy hillside to bruise or scratch her tender flesh. In Albany an attempt was made last winter to introduce breech—panta—trous—, or whatever name may be applied to a bifurcated garment of cloth for feminine wear. It does not reach to the feet like the trousers that form part of the riding worn by ladies, but fits tight to the upper limb and buttons at the knees. This new departure is recommended as a good thing in case of an upset on a slide, when the fair rider is apt to make the descent quickly and without regard to conventionalities or appearances.

HE DOES NOT BELIEVE IN EXERTION THAT TAXES THE STRENGTH.

Good Physical Development Should be the Rule Rather Than the Exception. The Usual Gymnasium Apparatus Fit Only for Kindling Wood.

John M. Laflin, the "model man" of the Vienna exposition, is an accomplished athlete and a champion in several lines. For several years he stood in the Paris Life school for Cerome and many other famous painters of the human figure, and he has drawings of his form made by them, which show him to be one of the few perfectly formed men. In response to the interviewer's request for a talk on the subject of exercising for health rather than for special development Mr. Laflin said:

"One need not train like an athlete, and a man does not require a physique like mine to be perfectly healthy, but if men and women could be kept healthy for a few generations physical development like mine would be the rule, not the exception. Nine tenths of the diseases that now keep the doctors busy would be absolutely unknown. No healthy man ever got pneumonia, no matter what the exposure. There is no case on record of a sailor having pneumonia. This is because a sailor's lungs are kept in good order by pure air, and he gets plenty of exercise. The amount of exercise necessary to keep the body in good condition is less than you might suppose. Fifteen minutes a day rightly employed will do wonders. A person ought to exercise a few minutes in the morning, and then take a sponge bath in salted water, followed by vigorous rubbing with hair gloves or a coarse towel. The movements of the muscles start the impurities to the surface and the bath cleans the pores. The exercise ought to be light.

"I don't believe in exertion that taxes the muscular strength. Heenan and all those old time athletes thought they must use hundred pound dumb bells and trot around with great lead soles on their shoes. That made them heavy and slow, and exhausted their strength needlessly. One pound dumb bells are heavy enough for anybody, and Indian clubs should not weigh more than four or five pounds at the outside. Gymnasts should not use heavy weights at all. What is needed to develop muscle is movement, action—not strain. You don't train a trotter by hitching him to a loaded coal cart and making him drag that around the track. Hannan doesn't get into a whale boat for a scull race. The lifting of heavy weights is bad for a man, and the men who trained themselves to lift a ton killed themselves. Overtraining and overexercising of any kind is injurious, and that is why college boat racing is not always a good thing."

"What do you think of the usual gymnasium apparatus?"

"Well, I think it ought to be split up into kindling wood. Young fellows get into a gymnasium and see an athlete on the bars. They try to do what he does, and the chances are they fall and break bones or strain beyond repair some cord or muscle which they have not been accustomed to use. All exercises that bring the weight of the body on the arms stretched above the head are bad. The position is unnatural and strains the cords of the breasts. Horizontal bars and rings are not health giving devices. A man wasn't made to hang head downward. He can get all the exercise he needs with his head higher than his feet and his blood flowing in its natural course. I don't approve of foot racing either, because it puts too much strain upon the heart and the blood vessels. Moderate running, however, is all well enough when one is accustomed to it. Some people think walking affords all the exercise one needs, but that is not so. It exercises only the legs at the expense of the body. It is good, but it is not enough. Carried to an extreme it is positively bad. If you overdevelop one set of muscles and neglect the rest the neglected muscles and organs deteriorate as fast as the others develop. Take ballet dancers, for example. They get their legs in prime condition, and can perform wonders in the way of jumping and kicking, but they grow narrow chested and thin necked, their stomachs get disordered, and nearly all of them die of consumption.

"In summer people are more healthy because they cannot help it. They perspire and wear clothing that is not air tight. In winter they pile on the clothes and suffocate themselves. The skin grows torpid, and dead scarf skin forms, locking up the pores just as the ice locks up a river. And then they attribute congestions, torpid liver and blood, colds and chills to the weather. What they need is exercise to open the pores, rough rubbing to cut away the dead skin and salt sponge baths to clean and harden the cuticle. Follow that system daily and you will find yourself less and less sensitive to cold.

"For women nothing is so beneficial as rowing. Most of them foolishly put the abdominal muscles out of commission by wearing corsets and tight clothes, and all kinds of diseases are the result. Only civilized women have these troubles. The Indian mother walks about freely with a day old child in her arms. The white lady says that is vulgar and like the animals, well, a white lady is an animal and usually a very unnatural and poor specimen of an animal at that. It is the animal in us that keeps us alive, and if we neglect it we pay the penalty in disease, suffering and premature death. Women who are weak, suffering, and unable to get any comfort in life could cure themselves by rowing. Small dumb bells are good also. One can exercise a great many muscles with them, and by using one pound dumb bells the danger of injury that formerly accompanied this style of exercise is avoided.

"Using heavy bells is worse than useless. You can get up all the perspiration you want by swinging a pound of iron in each hand in lively fashion for a minute or two. If you do not perspire freely or are subject to pains in the joints or muscles, or your circulation is sluggish, you can attach a battery to the bells. That is a new idea and a very good one."—New York Sun.

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The Boston press, represented by the six leading dailies, employs forty-two journalists who are college graduates from fourteen colleges. There are thirty college educated men on the editorial staff of the New York Sun.—Cincinnati Times Star.

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Legal Notices.

ESSEX CIRCUIT COURT.—Ernest H. C. Dohrman vs. Theodore Lamprecht and Marie Fick.—ON CONTRACT.—ORDER FOR PUBLICATION.

Upon reading the affidavit of Joseph D. Gallagher, one of the attorneys of the plaintiff in the above cause by which it appears that the said defendants are both non-residents in this State, and that the defendant, Theodore Lamprecht, resides in Chicago, in the state of Illinois, and the defendant Marie Fick in St. Louis, in the State of Missouri, and that the above suit is brought against the said defendants as heirs of Adolphus G. Lamprecht deceased, under the provisions of an act entitled "An act for the relief of creditors against heirs and devisees" passed March 7th, 1797, and that the land which they have inherited from the said Adolphus G. Lamprecht, is situated in the Township of Bloomfield, in the County of Essex, in this State, and that the Sheriff of said County, has returned the summons issued in the above suit that he cannot find the defendants in his County. It is thereupon on this twentieth day of November, ordered that the said Theodore Lamprecht and Marie Fick the defendants herein, do appear to the said writ, on or before the twentieth day of January 1887, and that a copy of this rule be served on the said Theodore Lamprecht and Marie Fick, within thirty days from the date hereof, or be published for four weeks successively once at least in each week in the Bloomfield Citizen, a newspaper published in the County where said lands lie and that the first publication be made within twenty days from the date hereof.

DAVID A. DEPUE, J.

WHITEHEAD, GALLAGHER & RICHARDS, $5.40. Plaintiff's Attorneys.

SHERIFF'S SALE.—In Chancery of New Jersey.—Between Warren G. Smith, executor, &c., complainant, and Thomas E. Hayes, and al., defendants. Fi. fa., for sale of mortgaged premises.

By virtue of the above stated writ of fieri facias to me directed, I shall expose for sale by public vendue, at the Court House in Newark, on Tuesday, the eighth day of February next, at two o'clock P. M., all that tract or parcel of land and premises situate, lying and being in the township of Bloomfield, Essex county, New Jersey.

Beginning in the northerly line of Monroe place at a point four hundred feet easterly from Park place; thence north eleven and a half degrees east one hundred and fifty feet, more or less, to land now or formerly of Israel C. Ward; thence south twenty-eight and a quarter degrees east fifty feet; thence south eleven and a half degrees west one hundred and fifty feet, more or less, to Monroe place; thence along the same north seventy-eight and a half degree west fifty feet to the place of beginning. Being the same premises conveyed by the said George W. Smith and wife to said Thomas E. Hayes, by deed dated April 30th, 1875.

Newark, N. J., December 6th, 1886.

WM. H. BROWN, Sheriff.

WILLIAM R. WEEKS, Solr. $4.50

Notice of Settlement.

NOTICE is hereby given that the Accounts of the Subscriber, Administrator of Mary Crane, deceased, will be audited and stated by the Surrogate and reported for settlement to the Orphan's Court of the County of Essex, on Monday, the tenth day of January next.

Dated Nov. 4, 1886 JAMES C. BEACH.

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HALSEY M. BARRETT,

Attorney and Counselor at Law,

Office, 750 Broad St., Newark, N. J.

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ACKNOWLEDGMENTS, ETC., TAKEN.

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Losses Paid from January 1, 1886, to Oct. 1, . . $200,404.59

Total Losses Paid, nearly $1,000,000.00

Membership in force Oct. 1st, 1886, 82,431

Amount of Insurance in force, $160,876,750.00

Assets Oct. 1st, 1886, over 100,000.00

Losses due and unpaid, . NONE

$5,000 Accident Insurance with $25 Weekly Indemnity costs about $13 a year. $10,000 with $50 Weekly Indemnity at proportionate rates. Membership Fee $5 in each Division.

CHARLES B. PEET, President.

JAMES R. PITCHER, Secretary.

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